

CANE CREEK

NORTH
CAROLINA



RECIPE BOOK

COMPILED BY
FRIENDS OF CANE CREEK



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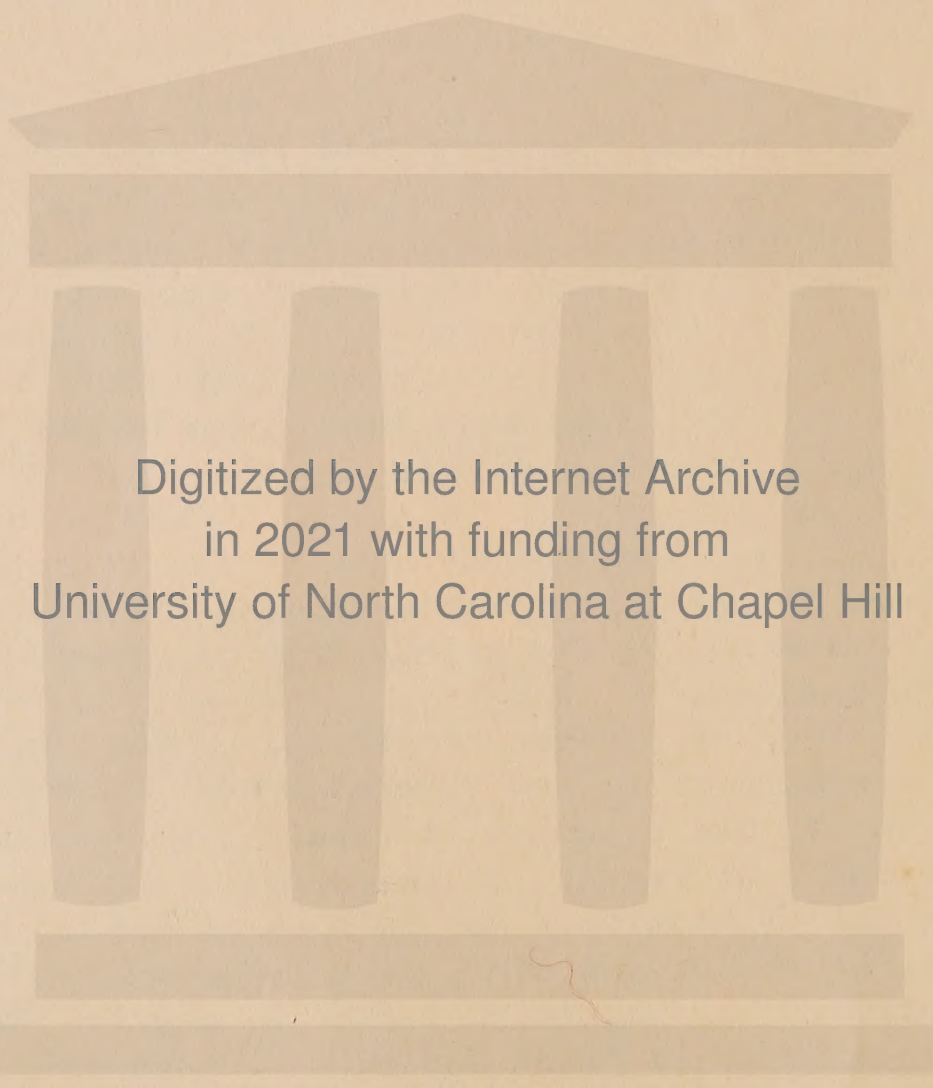
October 1976 marked the birth of a movement in the quiet farming community along the Cane Creek in southern Orange County. It was then that the Orange Water and Sewer Authority in conjunction with UNC-CH announced to a shocked crowd at a public meeting its plans to construct a pipeline which would carry water from a temporary impoundment on Cane Creek into Chapel Hill. This pipeline was to mark the beginning of a project that would permanently dam the creek and, consequently, flood hundreds of acres of rare wilderness forest and river land. More importantly to the Cane Creek farmers, this project would cover acres and acres of the most fertile and productive farm land in the community.

The folks in Cane Creek talked among themselves. There was no obvious or pressing need for OWASA to take this land. Water was available in many places-ones that were closer to the village, cheaper by millions of dollars, and what was most important to the Cane Creek Community, did not threaten to extinguish their lifetime's work. Their families had worked this land since before the Revolutionary War, gradually building up the farms into some of the most outstanding in the state. OWASA's threat angered them. Why should they have to sacrifice so much without good reason? The people in Cane Creek did as they had always done when faced with a threat. They united to protect themselves.

This group of diverse people formed the Cane Creek Conservation Authority, now several hundred strong. The efforts of this group has successfully protected the community for four years. OWASA, because of the work of CCCA, has yet to acquire a single acre of land, or to obtain a permit to build a dam. Most importantly, CCCA has demonstrated to the people of Orange County its determination to continue this fight as long as necessary. For CCCA losing this battle would mark the demise of agricultural life in Southern Orange County. The family farm is becoming a scarcity in America. The people of Cane Creek are determined that it will not be lost here. This community is fighting for the right to exist and carry on its work unhampered. That is our right and privilege.

Saw

Editor, The Creekwalker
Cane Creek Conservation Authority



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TABLE OF CONTENTS

SOUPS AND SALADS	4-7
BREADS	8-12
VEGETABLES	13-16
MAIN DISHES	17-20
DAIRY	21-25
DESSERTS	26-30
BEVERAGES	31-33
ACCOMPANIMENTS	34-37
HOMEMADE & HOUSEHOLD	38-40

SOUPS & SALADS

TOMATO SOUP

1 QT. TOMATOES	1 QT. SWEET MILK
2 TSP. SUGAR	2 TBLSP. FLOUR
¼ TSP. SODA	1 STICK BUTTER
1 TSP. SALT	1 ONION DICED
PEPPER TO TASTE	1 CAN CORN
2 IRISH POTATOES DICED	

COMBINE ALL INGREDIENTS EXCEPT THE MILK WHICH SHOULD BE SCALDED AND SLOWLY ADDED LAST.

2 IRA LASLEY
CANE CREEK COMMUNITY

CORN CHOWDER

5 SLICES BACON	1 CAN CR. OF MUSHROOM SOUP
1 MED. ONION CHOPPED FINE	2½ C MILK
2 C. COOKED WHOLE CORN	1 TSP. SALT
1 C DICED COOKED POTATOES	3 TBLSP. BUTTER

IN LARGE SAUCEPAN COOK BACON 'TIL CRISP. REMOVE BACON, POUR OFF DRIPPINGS, RETURNING 3 TBLSP. TO PAN. ADD ONION AND COOK 'TIL LIGHTLY BROWNED. ADD REMAINING INGREDIENTS, EXCEPT BUTTER. HEAT TO BOILING, REDUCE HEAT, ADD BUTTER. CRUMBLE BACON AND GARNISH SOUP.

2 MARY JO WEBB
CANE CREEK COMMUNITY

CREAM OF VEGETABLE SOUP

4 C MILK
2 TBLSP. BUTTER
1 TBLSP. FLOUR

$\frac{1}{2}$ TSP. SALT
 $\frac{1}{4}$ TSP. PEPPER
1 C COOKED VEGETABLE
(BROCCOLI OR CARROTS OR CELERY)

PUT ALL INGREDIENTS EXCEPT 2C. MILK IN BLENDER AND RUN ON HIGH SPEED UNTIL SMOOTH. POUR INTO SAUCEPAN AND ADD REMAINING MILK. COOK, STIRRING CONSTANTLY OVER LOW HEAT UNTIL HOT. SERVES 4-5.

FOR CREAM OF CARROT: USE 1C. CARROTS COOKED AND SUBSTITUTE $\frac{1}{2}$ C. CARROTS FOR $\frac{1}{2}$ C. MILK. ADD 2 SPRIGS OF PARSLEY BEFORE BLENDING.

FOR CREAM OF CELERY: 1 C. CELERY. $\frac{1}{2}$ TSP. CELERY SALT.

2 SHERI LAD
FRIEND OF CANE CREEK.

TOMATO DILL BISQUE

2 MED. CHOPPED ONIONS
1 CLOVE GARLIC SLICED
2 TBLSP BUTTER

4 LG. TOMATOES, PEELED & CUBED
 $\frac{1}{2}$ C. WATER

1 CHICKEN BOULLION CUBE
 $\frac{3}{4}$ TSP. DILL
 $\frac{1}{4}$ TSP. SALT
 $\frac{1}{4}$ TSP. PEPPER
 $\frac{1}{2}$ C. HELLMANS MAYONNAISE

IN 2 QT. SAUCE PAN OVER MED. HEAT COOK ONIONS AND GARLIC IN BUTTER FOR 3 MIN. ADD NEXT 6 INGREDIENTS. COVER AND SIMMER 10 MINS. REMOVE FROM HEAT. COOL. PLACE $\frac{1}{2}$ AT A TIME IN BLENDER AND BLEND UNTIL UNIFORM. CHILL UNTIL VERY COLD AND SERVE.

2 LAUREN MULLER
FRIEND OF CANE CREEK

BEST EVER THREE BEAN SALAD

1 CAN GREEN BEANS
1 CAN WAX BEANS
1 CAN KIDNEY BEANS
1/2 C. CELERY
1 C. ONION
BIT OF BELL PEPPER

1/2 C. SUGAR
3/4 C. VINEGAR
1/2 C. SALAD OIL
1 TSP. PEPPER
1 TSP. SALT

DRAIN BEANS WELL. ADD CELERY AND ONION. MIX SUGAR, VINEGAR, OIL, SALT AND PEPPER. ADD TO BEANS.

2 JANE GRIMES
FRIEND OF CANE CREEK

CHICK PEA SALAD / SPREAD

1 CAN CHICK PEAS (GARBANZOS) 1/2 TSP CELERY SEED
1/2 C. MAYONNAISE SALT + PEPPER TO TASTE
1/2 C. ALFALFA SPROUTS

MASH DRAINED CHICK PEAS. ADD REMAINING INGREDIENTS AND MIX. SERVE WITH WHOLE WHEAT CRACKERS OR AS A SANDWICH SPREAD TOPPED WITH LETTUCE.

2 C. M. LONG
FRIEND OF CANE CREEK

CALICO COLE SLAW

4 C. SHREDDED CABBAGE 1/4 C. GREEN PEPPER CHOPPED
1 12 OZ. CAN (1 1/2 C.) WHOLE CORN, DRAINED 1/4 C. PIMENTO, CHOPPED
1/2 C. ONION, FINELY CHOPPED 1/2 - 3/4 C. MAYONNAISE

COMBINE FIRST 5 INGREDIENTS + CHILL WELL. JUST BEFORE SERVING ADD SALT + MAYONNAISE. TOSS LIGHTLY. SERVES 6-8.

2 MARGARET WALKER
CANE CREEK COMMUNITY

CRANBERRY SALAD

3 SM. PKGS. CHERRY JELLO 1 JAR OCEAN SPRAY CRANBERRY
3 C. HOT WATER RELISH
1/8 TSP. SALT 3/4 C. CELERY, CHOPPED
1 LG. CAN CRUSHED PINEAPPLE, DRAINED 1 C. NUTS, CHOPPED

DISSOLVE JELLO IN HOT WATER. ADD CRANBERRY RELISH AND SALT. CHILL UNTIL SLIGHTLY THICKENED. ADD PINEAPPLE CELERY AND NUTS. POUR INTO MOLDS. KEEPS WELL. MAY USE 1 PKG. ORANGE JELLO IN PLACE OF 1 CHERRY.

2 MARGARET RILEY
CANE CREEK COMMUNITY

TERRIFIC TURKEY SALAD

2 QTS. BITE SIZE TURKEY PIECES	3 C. MAYONAISE
20 OZS. SLICED WATERCHESTNUTS	1 TBLSP. CURRY
2 LBS. SEEDLESS GRAPES	2 TBLSP. SOY SAUCE
1 C. TOASTED ALMONDS	BIBB LETTUCE
2 C. CELERY, CHOPPED	PINEAPPLE

MIX TURKEY, WATERCHESTNUTS, GRAPES, ALMONDS IN LARGE BOWL. IN SMALLER BOWL MIX SOY, CURRY AND MAYONAISE. SPRINKLE WITH ALMONDS. SURROUND WITH LETTUCE AND PINEAPPLE. SERVES 6+.

2 FRIEND
CANE CREEK COMMUNITY



BREADS

CHEESE BREADS

1 1½ LB. LOAF FRENCH BREAD SPLIT LENGTH WISE
1 LB. MED. SHARP CHEDDAR, GRATED
1 LEMON JUICED (2 TBLSP)
¼ C. CHOPPED PARSLEY (3 TBLSP DRIED)
1 BUNCH GREEN ONION, CHOPPED
1½ CUBES MARGARINE 1 TSP. GARLIC SALT

MIX INGREDIENTS AND SPREAD ON BREAD
BROIL.

2 TOBY CONSTADINE
FRIEND OF CANE CREEK

POTATO BISCUIT

USE YOUR FAVORITE RECIPE. ADD 1 CUP SWEET
POTATOES WHICH HAVE BEEN COOKED & MASHED WELL
ADD TO BISQUIT DOUGH AND ROLL A BIT THINNER
THAN YOUR REGULAR BISQUIT. BAKE & EAT WARM!

2 KATHLEEN D. PARKER
CANE CREEK COMMUNITY

COMPANY CORN BREAD

1 C. CORN MEAL (SELF RISING) ½ C. SALAD OIL
1 CARTON SOUR CREAM 2 EGGS
1 SM. CAN CREAM STYLE CORN

ADD ALL INGREDIENTS TO SLIGHTLY BEATEN EGGS.
GREASE & FLOUR PAN. BAKE AT 450° FOR 30-35 MIN.

2 ROSHELL PEGG
CANE CREEK COMMUNITY

ROLLS

2 C. FLOUR (SELF-RISING)
1 C. SWEET MILK
3 TBLSP. MAYONNAISE

MIX WITH SPOON. POUR INTO MUFFIN PANS AND BAKE AT 400°-450°. POUR BETWEEN 1/4-1/2 INCH OF MIXTURE IN EACH SECTION DEPENDING ON ROLL THICKNESS DESIRED.

2 DOT LYNCH
CANE CREEK COMMUNITY

CORN PUDDING

2 C. CORN	3 EGGS BEATEN
1 C. MILK	1 TBLSP. FLOUR
1 C. SUGAR	1/2 STICK BUTTER, MELTED

MIX ALL INGREDIENTS AND BAKE AT 350° FOR 45 MIN.

2 JULIA JOHNSON
CANE CREEK COMMUNITY

YEAST BISCUITS

5 C. SELF RISING FLOUR	1 PKG. YEAST DISSOLVED IN
1 C. CRISCO WORKED IN	1/2 C. WARM WATER
2 C. WARM BUTTERMILK	1 TBLSP. SUGAR

WORK TOGETHER AS FOR ORDINARY DOUGH. PLACE IN REFRIGERATOR AND BAKE AS NEEDED. ROLL INTO A SHEET AND CUT WITH BISCUIT CUTTER. BAKE AT 400°.

2 IRA LASLEY
CANE CREEK COMMUNITY

GRANOLA PAN ROLLS

2 PKGS. ACTIVE DRY YEAST	1 EGG
1 C. WARM WATER	1/4 C. SHORTENING
2 TBLSP. SUGAR	2 C. GRANOLA, FINELY CRUSHED
1 TSP. SALT	2 1/2 TO 3 C. FLOUR

DISSOLVE YEAST IN WARM WATER IN LARGE BOWL. STIR IN SUGAR, SALT, EGG, SHORTENING, GRANOLA + 1 1/2 C. FLOUR. MIX IN ENOUGH REMAINING FLOUR TO MAKE DOUGH EASY TO HANDLE. TURN DOUGH ON LIGHTLY FLOURED SURFACE. KNEAD UNTIL SMOOTH + ELASTIC (ABOUT 5 MIN.) PLACE IN GREASED BOWL, TURN GREASED SIDE UP. COVER + LET RISE, IN WARM PLACE UNTIL DOUBLE. GREASE OBLONG PAN 13X9X2" PUNCH DOWN DOUGH. ROLL INTO RECTANGLE, 12X8" ON LIGHTLY FLOURED SURFACE. PLACE IN PAN. SCORE DOUGH 1/4" DEEP INTO 15 ROLLS. COVER. LET RISE UNTIL DOUBLE, 50 MIN. HEAT OVEN TO 375°. BAKE 15 TO 20 MIN.

2 REBECCA SUTHERLAND
CANE CREEK COMMUNITY

CHIPS

2 C. W.W. FLOUR	1/2 TSP. BAKING POWDER
2 TBLSP. SESAME SEEDS	SCANT 3/4 C. COLD WATER
1/2 TBLSP. SALT	GHEE FOR DEEP FRYING
3 TBLSP. BUTTER	(SEE MILK SECTION FOR GHEE- MAKING DIRECTIONS)

MIX TOGETHER FLOUR SEEDS SALT AND BAKING POWDER. ADD BUTTER + MIX WITH HANDS UNTIL FLOUR IS CORN MEAL CONSISTENCY. SLOWLY ADD COLD WATER MIXING. KNEAD DOUGH ROLL OUT TO 1/4" THICKNESS. CUT INTO DIAMONDS AND DEEP FRY UNTIL GOLDEN.

2 C.M. LONG
CANE CREEK COMMUNITY FRIEND

BUTTERMILK BISCUITS

2 C. FLOUR

1 TSP. SALT

2 TSP. BAKING POWDER

1/4 TSP. BAKING SODA

2 TBLSP. BUTTER

3/4 C. BUTTERMILK (APPROX.)

SIFT TOGETHER FLOUR BAKING POWDER AND SALT. ADD BUTTER AND MIX THOROUGHLY. ADD LIQUID SLOWLY TO MAKE A SOFT DOUGH. ROLL TO ABOUT 1/2 INCH THICKNESS. CUT WITH BISCUIT CUTTER. BAKE AT 475° 10-12 MIN.

RACHEL BEST



CANE CREEK COMMUNITY
FROM VIRGINIA HAMBY

BUTTERMILK DRESSING

1 1/2 TSP. SUGAR

1 1/2 TSP. DRY MUSTARD

1/2 TSP. SALT

1/8 TSP. PAPRIKA

1 1/2 TSP CORNSTARCH

1/8 TSP. ONION SALT

FEW GRAINS CAYENE

1 EGG SLIGHTLY BEATEN

1/2 C. BUTTERMILK

1 TBLSP. BUTTER

1/2 C. VINEGAR

IN DOUBLE BOILER MIX SUGAR MUSTARD SALT PAPRIKA CORNSTARCH ONIO SALT CAYENE ADD EGG BUTTERMILK STIR UNTIL SMOOTH. COOK OVER HOT NOT BOILING WATER UNTIL MIXTURES BEGINS TO THICKENS ADD MELTED BUTTER VINEGAR A LITTLE AT A TIME. BEAT WELL. REFRIGERATE. MAKES ONE CUP.



DAVID JOHNSON

FRIEND OF CANE CREEK

GRAN'S BOBS

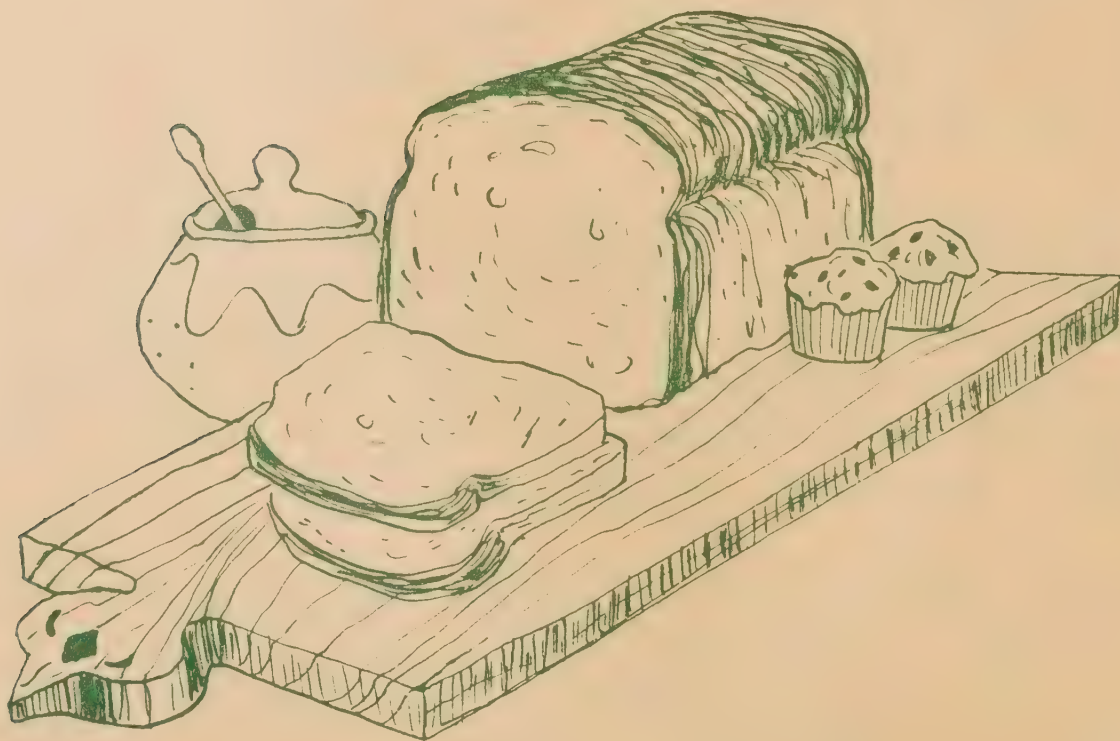
1 1/4 C. CORN MEAL
2 C. BOILING WATER

1 TSP. SALT
DASH OF PEPPER

COMBINE DRY INGREDIENTS - POUR BOILING WATER OVER
AND MIX TOGETHER. WHEN COOL ENOUGH TO HANDLE.
SHAPE INTO FLAT PATTIES AND FRY IN BUTTER.
SERVE WITH FISH, SALAD, SOUP.

2 LAUREN MULLER
FRIEND OF CANE CREEK

SEE DAIRY SECTION FOR:
BUTTERMILK BISCUITS
YOGURT PIE
BUTTERMILK PIE



VEGETABLES

CRUSTY EGGPLANT

1 EGGPLANT (1½ IDS.)

2 EGGS BEATEN

½ TSP. SALT

¾-1 C. WHEATGERM

⅓ C. OLIVE OIL

CUT EGGPLANT CROSSWISE 3 INCHES FROM STEM END. CUT LARGER PIECES LENGTHWISE. SLICE INTO WEDGES NO MORE THAN ONE INCH WIDE AT THICKEST PART. DIP IN EGG AND THEN IN WHEATGERM. COOK IN OIL IN SKILLET OVER MED. HEAT ABOUT 3 MIN. PER SIDE. IF TOO HOT WHEATGERM BURNS.

2 DAVID JOHNSON
FRIEND OF CANE CREEK

"WHIZ" POTATO SALAD

5 MED. POTATOES

2 STALKS CELERY (WITH TOPS) DICED

1 ONION DICED

1 CARROT DICED

2 EGG YOLKS

3 TBLSP. VINEGAR OR LEMON J.

½ TSP. SALT

½ TSP. MUSTARD POWER

PEPPER + PAPRIKA TO TASTE

5 DASHES HOT SAUCE (OPTIONAL)

CUBE POTATOES BOIL UNTIL FORK PIERCES THEM EASILY. DRAIN + SHAKE DRY. ADD CARROTS ONION + CELERY. MAYONNAISE SAUCE: MIX VINEGAR WITH YOLKS STIRRING WELL. ADD SPICES + HOT SAUCE. ADD OIL SLOWLY STIRRING WITH A FORK. STOP WHEN MIX SETS (BTWN 1½-2 CUPS). ADD POTATOES. IF THE MAYO. DOESN'T SET ADD AN EGG YOLK TO IT SLOWLY THIS SHOULD WORK.

2 NORBERT TUREK
FRIEND OF CANE CREEK

WILLIE'S STUFFED MUSHROOMS

BUY THE LARGEST MUSHROOMS YOU CAN FIND. CLEAN THEM BY BRUSHING OR WASHING. REMOVE STIPE + CHOP UP. WITH A SPOON SCRAPE OUT CAPS AND ADD TO STEMS. THIS GIVES THICK SHELLS WITH ROOM FOR STUFFING!

STUFFING: (YOURS IS FINE BUT THIS IS MINE)

DICE MUSHROOMS, ONIONS AND GREEN PEPPERS ~ HOWEVER MUCH YOU LIKE ~ AND SAUTEE IN A LOT OF REAL BUTTER UNTIL MOST OF THE MOISTURE IS GONE. THEN ADD SEASONINGS: SOY SAUCE GROUND PARSLEY MILD CHEDDAR CHEESE (GRATED IT ACTS AS A BINDER). NOTE: YOUR STUFFING SHOULD BE OVER SEASONED TO MAKE UP FOR THE MILD MUSHROOM. LET SIMMER 15 MIN. OR SO. SALT AND PEPPER. LET COOL. STUFF CAPS BAKE AT 350° FOR 10 MINS. OR BROIL OR STEAM.



FRIEND

CANE CREEK COMMUNITY

GOVINDAS POTATO VEG

6 LARGE POTATOES IN SM. CUBES 3 TBLSP. BUTTER
3/4 LB. CREAM CHEESE 1/2 TSP CAYENE PEPPER
1/2 CARTON SOUR CREAM 2 TBLSP TURMERIC
1/2-1 C. MILK 1/2 TSP ASAFOETIDA (HING) POWDER
SALT AND PEPPER

BOIL POTATOES UNTIL SOFT AND DRAIN. ADD REMAINING INGREDIENTS AND MIX. ADD ENOUGH MILK TO MAKE MIXING EASY AND TO DISTRIBUTE TURMERIC EVENLY.

NOTE: TO MAKE THIS VEG EVEN BETTER FRY COOKED POTATOES IN GHEE (CLARIFIED BUTTER) UNTIL CRISPY, DRAIN AND THEN ADD THE OTHER INGREDIENTS. THE GHEE ADDS A ROBUST FLAVOR. SEE DAIRY SECTION FOR GHEE.



MĀYĀPRIYA

FRIEND OF CANE CREEK

MIRACLE SQUASH

1 LB YELLOW SQUASH (DICED) $\frac{1}{8}$ TSP. GINGER
 $\frac{1}{4}$ C. BUTTER $\frac{1}{2}$ C. SLICED ALMONDS
 $\frac{1}{2}$ C. HEAVY CREAM OR SOUR CREAM SALT AND PEPPER
 $\frac{1}{4}$ TSP. BASIL $\frac{1}{4}$ C. BROWN SUGAR

BROWN SQUASH IN BUTTER. SPRINKLE WITH SALT, BASIL, PEPPER. PUT ALL IN CASSEROLE. ADD CREAM, DUST WITH GINGER, SPRINKLE WITH BROWN SUGAR AND TOP WITH ALMONDS. BAKE AT 350° UNTIL BROWN ABOUT 20 MIN.

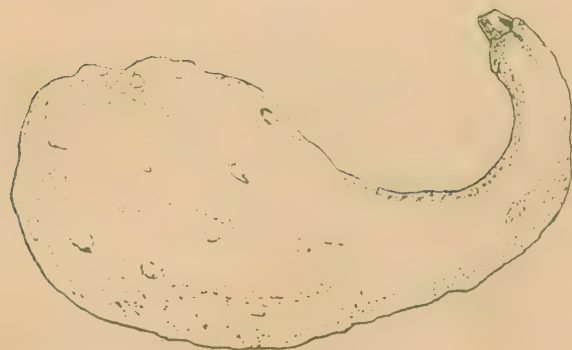
2 A MOTHER
FRIEND OF CANE CREEK

ARTICHOKE CASSEROLE

3 JARS MARINATED ARTICHOKE $\frac{1}{8}$ TSP. PEPPER
36 (4 OZ.) RITZ CRACKERS (BROKEN UP) $\frac{1}{2}$ TSP. SALT
2 C. MILK 4 CHOPPED EGGS (MAIN OR SIDE DISH)
2 TSP. MBT VEGETABLE BROTH 2 TSP. PREPARED MUSTARD
1 LB. MEDIUM CHEDDAR OR 1 C. PARMESAN GRATED
1 TSP. ONION POWDER $\frac{1}{2}$ 4 OZ. CAN CHOPPED CHILIS
 $\frac{1}{8}$ TSP. GARLIC POWDER 1 TBLSP. WORCHESTERSHIRE SAUCE

COMBINE INGREDIENTS AND BAKE 1 HOUR AT 350°

2 FRIEND
CANE CREEK COMMUNITY



BROCCOLI CASSEROLE

2 PKG. FROZEN BROCCOLI, COOKED & DRAINED
1 CAN MUSHROOM SOUP 2 EGGS SLIGHTLY BEATEN
1/2 C. MAYONNAISE 2 TSP. MINCED ONION
1 C. GRATED CHEESE

MIX TOGETHER AND PLACE IN CASSEROLE DISH. COVER WITH BUTTERED CRUMBS. BAKE AT 325° FOR 45 MIN.

2 MARY JO WEBB
CANE CREEK COMMUNITY

SWEET POTATO CASSEROLE

3 C. COOKED + MASHED SWEET POTATO
3/4 C. SUGAR 1 TSP. VANILLA
1/2 C. BUTTER 1/3 C. MILK
2 EGGS BEATEN TOPPING

MIX ALL INGREDIENTS AND PUT IN BAKING DISH. TOP WITH ONE C. LIGHT BROWN SUGAR, 1/2 C. FLOUR, 1 C. CHOPPED PECANS, 1/3 C. BUTTER. MIX WELL AND SPREAD ON TOP. BAKE AT 325° FOR 24 MINUTES.

2 ISABEL MORROW
CANE CREEK COMMUNITY

MUNG SPROUTS

SAUTEE ABOUT 2 C. SPROUTS IN PEANUT OIL OR SESAME OIL (OR ANY OIL BUT OLIVE OIL) WITH SWEET BELL PEPPER UNTIL JUMPY-CRISPY (NOT SOBBY). SPRINKLE SOY SAUCE TO TASTE

2 LAUREN MULLER
CANE CREEK COMMUNITY

MAIN DISHES

RATATOUILLE

TASTES BETTER AFTER STANDING AWHILE

1 MED. EGGPLANT CUT IN $\frac{1}{2}$ " CUBES. $\frac{1}{2}$ C. OLIVE OIL
2 GREEN OR RED BELL PEPPERS, CUT IN CHUNKS
4 LARGE TOMATOES 2 LG. CLOVES GARLIC MINCED
6 MED. ZUCCHINI, THICKLY SLICED 2 TSP. SALT
2 LARGE ONIONS, SLICED $\frac{1}{2}$ C. MINCED PARSLEY

HEAT $\frac{1}{4}$ CUP OF OIL IN A LARGE FRYING PAN OVER HIGH HEAT. ADD ONIONS GARLIC AND COOK STIRRING UNTIL ONIONS ARE SOFT BUT NOT BROWNED. STIR IN EGGPLANT ZUCCHINI PEPPERS SALT BASIL PARSLEY. ADD A LITTLE OF THE OIL AS NEEDED TO KEEP VEGETABLES FROM STICKING. COVER PAN AND COOK OVER MED. HEAT ABOUT 30 MIN. STIR OCCASIONALLY USING A LARGE SPATULA + TURNING VEGETABLES TO HELP PRESERVE THEIR SHAPE. IF MIXTURE IS TOO SOUPY REMOVE COVER TO ALLOW EVAPORATION.

ADD TOMATOES AND BLEND. COVER + COOK 15 MIN. STIRRING OCCASIONALLY. SERVE HOT OR CHILL.

2 HARRIET JONES
FRIEND OF CANE CREEK



BARLEY CASSEROLE

1 C. BARLEY
1 LARGE ONION CHOPPED
1/2 LB. MUSHROOMS, SLICED

4-5 TBLSP. BUTTER
2 C. BROTH (CHICKEN, VEG. ETC.)

SAUTEE ONIONS AND MUSHROOMS IN BUTTER. ADD BARLEY BROWN LIGHTLY. POUR INTO BUTTERED CASSEROLE. POUR 1 C. BROTH OVER AND COVER WITH FOIL. BAKE 350° FOR 25-30 MIN. (UNTIL DRY). UNCOVER. ADD 2ND CUP BROTH. COOK UNTIL LIQUID GONE.

YOU MAY ADD GREEN ONIONS, CELERY, ALMONDS, CHICKEN, ETC. IF DESIRED.

~ L.S.M.
FRIEND OF CANE CREEK

EXTRA CRISP FRIED CHICKEN

DIP CHICKEN PIECES IN EVAPORATED MILK THEN SEASONED BY DIPPING IN SPICED FLOUR AND THEN (OPTIONAL I.E. CRISPIER) BEATEN EGGS. FRY UNTIL BROWN IN CRISCO. BAKE ON OVEN RACK AT 350° FOR 45-60 MIN. PUT A COOKIE SHEET BELOW TO CATCH DRIPPINGS. THIS IS GOOD BECAUSE IT ISN'T GREASY.

~ BRIAN JOHNSON
FRIEND OF CANE CREEK

CHICKEN CASSEROLE

1 C. RICE
1 PAT OF BUTTER ONEA. PIECE OF CHICKEN
1 CAN CREAM OF CHICKEN SOUP + ONE SOUP CAN WATER

4 CHICKEN BREASTS

POUR RICE INTO CASSEROLE. POUR SOUP + WATER IN SEPERATE DISH. POUR HALF IN WITH RICE + MIX. PLACE CHICKEN ON RICE + ADD REST OF SOUP ON TOP. COVER BAKE AT 350° FOR 1 1/2 HRS.

~ KATHLEEN P. PARKER
CANE CREEK COMMUNITY

TOFU ^{AND} RICE

1 LB. PKG. FRESH TOFU (SOY BEAN CURD)
2 C. BROWN RICE
CORN MEAL OR W. WHEAT FLOUR
OIL FOR FRYING (1 INCH IN FRYING PAN)
SOY SAUCE

BRING RICE AND 2 C. WATER TO BOIL, COVER AND REDUCE HEAT SO THAT WATER BUBBLES SLIGHTLY. COOK 30 MIN. OR UNTIL WATER ABSORBS. MEANWHILE SLICE TOFU INTO PIECES THAT RESEMBLE FISH STICKS. DIP IN FLOUR TO COVER AND FRY IN HOT OIL UNTIL CRISPY. DRAIN. PLACE TOFU ON RICE AND SPRINKLE WITH SOY SAUCE. CHILDREN LIKE IT WITH TARTER SAUCE ALSO.

℘ C.M. LONG
FRIEND OF CANE CREEK

MACARONI ^{AND} CHEESE

1 LB. EXTRA SHARP CHEDDAR (HARVEST NOON)
1 CAN CREAM OF MUSHROOM SOUP
1 1/2 C. MACARONI NOODLES
1/2 C. MILK
SOY SAUCE TO TASTE
PEPPER TO TASTE
HOT MUSTARD, OPT.

COOK AND DRAIN MACARONI. MIX CHEESE MILK AND SOUP WITH NOODLES AND SPICES IN A CASSEROLE. BAKE AT 350° FOR 45 MIN.

SAUTEE 12 TO 15 CRUMBLLED SALTINE CRACKERS IN BUTTER SPRINKLE OVER CASSEROLE AND BAKE FOR 15 MORE MIN.

℘ CAROL HOLTZ CLAW
FRIEND OF CANE CREEK

BROCCOLI AND CHICKEN

4 MEDIUM PIECES OF CHICKEN (3 THIGHS $\frac{1}{2}$ BREAST), BOILED
1 BUNCH BROCCOLI CHOPPED AND STEAMED
1 C. PEPPERIDGE FARM SEASONED STUFFING TOSSED WITH
 $\frac{1}{8}$ LB. MELTED BUTTER
1 CAN CREAM OF MUSHROOM SOUP DILUTED WITH $\frac{1}{4}$ C. CHICKEN
BROTH

LAYER INGREDIENTS ABOVE ($\frac{1}{2}$ CHICKEN $\frac{1}{2}$ BROCCOLI $\frac{1}{2}$ SOUP
 $\frac{1}{2}$ STUFFING), THEN REPEAT. USED GREASED CASSEROLE DISH.
BAKE COVERED WITH FOIL AT 350° FOR 35-40 MINUTES.
RECIPE IS EASILY EXPANDED TO FEED A CROWD.

LAUREN MULLER
FRIEND OF CANE CREEK

MEAT LOAF SUPREME

1 LB. GROUND BEEF	1 TSP. DRY MUSTARD
1 CAN VEGETABLE BEEF SOUP	1 TSP. SALT
1 EGG BEATEN	$\frac{1}{4}$ TSP. PEPPER
1 C. CRACKER CRUMBS	4 TBLSP. BROWN SUGAR
1 ONION CHOPPED	$\frac{1}{4}$ C. CATSUP
1 TSP. WORCESTERSHIRE SAUCE	

MIX FIRST 9 INGREDIENTS WELL. BAKE COVERED WITH
ALUMINUM FOIL AT 350° FOR 1 HR. COMBINE BROWN
SUGAR AND CATSUP. BASTE DURING LAST 10-15 MIN.

MARGARET RILEY
CANECREEK COMMUNITY



DAIRY

YOGURT

1 QT. MILK

2 TBLSP. YOGURT (USE DANNON

1/4 C. NONFAT DRY MILK

NOT A SWISS-STYLE BRAND)

COMBINE MILK AND NONFAT DRY MILK. HEAT ALMOST TO BOILING POINT. REMOVE FROM HEAT AND ALLOW TO COOL TO LUKE-WARM. SPOON INTO A BOWL. POUR 1/4 C. LUKEWARM MILK INTO BOWL WITH YOGURT. STIR UNTIL SMOOTH THE RETURN TO REMAINING MILK. STIR AGAIN. LET YOGURT SET OVER-NIGHT WHILE COVERED WITH A DISH TOWEL COMPLETELY REFRIGERATE TO STORE.



CARY NAILLING

FRIEND OF CANE CREEK.

YOGURT DRESSING

1 C. PLAIN YOGURT

1/4 TSP. SALT

2 TBLSP. VINEGAR

1/4 TSP. SUGAR

1 TBLSP. MINCED ONION

SPECK PEPPER

COMBINE ALL INGREDIENTS. REFRIGERATE. MAKES 1 1/4 C.



STUART PARSONS

FRIEND OF CANE CREEK.

YUMMY YOGURT SHAKE

1 C. YOGURT

1 BANANA

1/2 C. MILK

BLEND TOGETHER AND DRINK IT DOWN!



VALERIE MOYER

FRIEND OF CANE CREEK.

YOGURT PIE

2 CONTAINERS YOGURT (ANY FLAVOR)
4½ OZ. COOL WHIP
FRESH FRUIT (OPTIONAL)
GRAHAM CRACKER CRUST

MIX FIRST 3 INGREDIENTS. POUR INTO CRUST. CHILL
UNTIL SET (4 HRS.) SERVE.

2 SHEILA JUDGE
ELIZABETH WATSON
FRIEND OF CANE CREEK

BUTTERMILK PIE

4 C. SUGAR
¾ LB. BUTTER
6 EGGS
4 C. SUGAR
2 C. BUTTERMILK
6 TBLSP. FLOUR
3 (9 INCH) PIE SHELLS, UNBAKED

CREAM SUGAR AND BUTTER TOGETHER WELL. ADD
EGGS BUTTERMILK AND FLOUR AND MIX WELL. DIVIDE
EVENLY AMONG 3 PIE SHELLS. BAKE AT 300° FOR
1½ HRS.

2 ROSHELL PEGG
CANE CREEK COMMUNITY

HOT FUDGE SAUCE

2 SQ. UNSWEETENED CHOCOLATE 1 TSP. VANILLA
⅓ C. BUTTER 1 CAN EVAPORATED MILK
1 C. CONFECTIONERS SUGAR

MELT CHOCOLATE AND BUTTER IN DOUBLE BOILER. ADD SUGAR
BLENDING WELL. ADD MILK SLOWLY STIRRING TO PREVENT
LUMPING. COOK FOR 30 MIN. ADD VANILLA.

2 STUART PARSONS
FRIEND OF CANE CREEK

CREAM CHEESE

ALLOW FRESH CREAM TO SOUR AT ROOM TEMPERATURE. THIS WILL TAKE ABOUT 2 DAYS. POUR THE SOURED CREAM INTO A CLEAN CHEESE CLOTH BAG AND LET THE LIQUID DRAIN. RAV SOLID CREAM CHEESE FROM THE BAG.

CULTURED BUTTERMILK

3 1/2 C. FRESH MILK

1/2 C. BUTTERMILK

SHAKE THE WHOLE MILK AND THE BUTTERMILK TOGETHER IN A QUART JAR OR MILK BOTTLE. COVER THE JAR OR BOTTLE AND SET IT IN A WARM PLACE (PERHAPS NEAR A HOT WATER HEATER) OVERNIGHT OR FOR 10-12 HRS. THE TEMPERATURE SHOULD BE ABOUT 80-85°F. WHEN MILK HAS COAGULATED SHAKE OR STIR WELL AND REFRIGERATE.

CURD

1/2 GALLON WHOLE MILK LARGE SQUARE MUSLIN
2 LEMONS OR JUICE FROM SAME

BRING MILK TO BOIL BEING CAREFUL NOT TO BURN IT. ADD LEMON JUICE. THE MILK WILL CURDLE. REMOVE IT FROM THE HEAT AND COOL IT. THEN AGAIN BRING IT TO A BOIL. THIS WILL SEPERATE CURDS FROM WHEY. PLACE MUSLIN IN COLANDER AND POUR CURDS + WHEY THROUGH ALLOW IT TO DRAIN. ADD TO A VARIETY OF TOMATO OR VEGETABLE DISHES. ITS LIKE A SWEET CURDLED CHEESE.

GHEE

PUT AT LEAST 1 LB. BUTTER IN HEAVY SAUCE PAN OVER MED. HEAT. AS IT GETS HOTTER IT WILL FOAM UP. SKIM FOAM OFF (AND SAVE THEM). LOWER HEAT AND KEEP SKIMMING UNTIL GHEE IS AMBER + SOLIDS STOP RISING. POUR INTO JAR WHEN COOL. IMPURITIES (SOLIDS) CAN BE USED AS BUTTER. GHEE IN FRYING IMPARTS HEARTY FLAVOR. BEST TO USE UNSALTED BUTTER.

COTTAGE CHEESE

HEAT 1 PT. MILK IN A SAUCEPAN. WHEN IT BOILS ADD 1/2 TEACUPFUL OF YOGURT. BRING TO BOILING PT. AGAIN. WHEN SOLID LUMPS FORM STRAIN THROUGH A FINE CLOTH. THE WHEY (EXCESS LIQUID) CAN BE USED IN SOUPS AND BREADS. PRESS THE CLOTH BAG CONTAINING CHEESE WITH A HEAVY WEIGHT SO AS TO SQUEEZE OUT ALL WHEY.

2 MAYÄPRIYA
FRIEND OF CANE CREEK

CREAMY ICE CREAM

9 EGGS
3 C. SUGAR
1/2 TSP. SALT
2 TBLSP. VANILLA

1 1/2 QT. MILK SCALDED
1 CAN SWEET CONDENSED MILK
1 CAN EVAPORATED MILK
3 PKG. ICE CREAM POWDER

BEAT EGGS SUGAR SALT + VANILLA TOGETHER UNTIL CREAMY. POUR HOT MILK OVER EGG MIXTURE SLOWLY BEATING WELL. ADD CONDENSED + EVAPORATED MILK TO ICE CREAM POWDER, STIR WELL. COMBINE EGG MIXTURE BLENDING WELL. COOL. POUR INTO 1 1/2 GALLON CONTAINER AND FREEZE.

2 RUBY SELLS
FRIEND OF CANE CREEK

PEACH ICE CREAM

8 MEDIUM PEACHES SLICED 2 1/2 C. SUGAR
2 HEAPING TBLSP. CORNSTARCH 1 LG. CAN SWEET CONDENSED MILK

MIX ALL INGREDIENTS AND FINISH OUT MIXTURE WITH ENOUGH MILK TO FREEZER CONTAINER TO FILL TO ONE INCH FROM TOP. FREEZE.

2 RACHEL BEST
CANE CREEK COMMUNITY

PUMPKINS N' CREAM DESSERT

2 C. PUMPKIN

1 C. SUGAR

1 TSP. SALT

1 TSP. GINGER

1 TSP. CINNAMON

1/2 TSP. NUTMEG

1 C. TOASTED CHOPPED PECANS

1/2 GAL. ICE CREAM

36 GINGER COOKIES

COMBINE PUMPKIN, SUGAR, SALT, GINGER, CINNAMON, NUTMEG AND PECANS, CHILL. FOLD PUMPKIN MIXTURE INTO ICECREAM. LINE 13X9X2 INCH PAN WITH HALF THE GINGER COOKIES. TOP WITH HALF THE ICECREAM MIXTURE. REPEAT LAYERS. FREEZE UNTIL FIRM. CUT IN SQUARES.

2

STUART PARSONS

FRIEND OF CANE CREEK

CREAMY BLUE-CHEESE DRESSING

1/4 LB. SOFT BLUE CHEESE

3 TBLSP. LIGHT CREAM

1/2 C. MAYONNAISE OR SALAD DRESSING

1 TSP. PREPARED MUSTARD

1/8 TSP. SALT

1/8 TSP. BLACK PEPPER

1/4 C. WINE VINEGAR

6 TSP. SALAD OIL

DAY OR MORE AHEAD: WITH FORK MASH CHEESE WITH CREAM UNTIL CREAMY. PLACE IN JAR WITH THE REST INGREDIENTS. SHAKE UNTIL WELL BLENDED AND VERY CREAMY. STORE IN REFRIGERATOR.

2

HELEN WEAVER

FRIEND OF CANE CREEK

DESSERTS

MEMPHIS CARROT CAKE

4 EGGS
2 C. SUGAR
1 1/4 C. SALAD OIL
2 C. FLOUR
2 TSP. BAKING POWDER
2 TSP. SODA (SCANT)
2 TSP. CINNAMON
3 C. FINELY GRATED CARROTS
1/2 C. NUTS

BEAT EGGS ADD SUGAR OIL AND SIFTED DRY INGREDIENTS. ADD CARROTS STIR NUTS IN LAST. POUR INTO THREE GREASED 9 INCH ROUND CAKE PANS. BAKE AT 325° FOR 25 MIN.

FROSTING: 1 PKG CREAM CHEESE, 8 OZ. 1 STICK BUTTER
1 TSP. VANILLA 1 BOX CONFECTIONERS SUGAR.
CREAM ALL INGREDIENTS. SPREAD BETWEEN LAYERS AND OVER CAKE. TASTES BETTER THE 2ND DAY. REFRIGERATE.

2 LAUREN MULLER
FRIEND OF CANE CREEK

CHOCOLATE POUND CAKE

1 BOX BROWN SUGAR
3/4 C. WHITE SUGAR
1 C. BUTTERMILK
4 EGGS
1 C. BUTTER
2 TSP. VANILLA
3 C. FLOUR
1 TSP. SALT
1/2 TSP. BAKING SODA
1 PKG. UNSWEETENED CHOCOLATE

MELT CHOC. + BUTTER IN SAUCEPAN. COOL. ADD SUGARS. BEAT IN EGGS ONE AT A TIME. ADD BUTTERMILK AND VANILLA. SIFT FLOUR SALT + SODA AND ADD CHOCOLATE MIXTURE. MIX WELL AND POUR INTO GREASED BUNDT PAN. BAKE 325° FOR 1 1/2 HR.

2 GINNY CORNETT
CANE CREEK COMMUNITY

FRENCH COCONUT PIE

1/2 STICK MARGARINE
3 EGGS
1 C. SUGAR
1 TBLSP. VANILLA

1 TBLSP. VINEGAR
1 CAN COCONUT
PASTRY SHELL

MELT BUTTER BEAT EGGS WELL ADD SUGAR THEN MARGARING - STIR IN REST OF INGREDIENTS. POUR INTO SHELL AND BAKE AT 350° FOR 40 MINUTES.

2 ETHEL CHEEK
CANE CREEK COMMUNITY

BUTTERSCOTCH BROWNIES

2 C. FLOUR
2 TSP. BAKING POWDER
1 1/2 TSP. SALT
1 12 OZ. PKG. BUTTERSCOTCH MORSELS
1/2 C. MARGARINE

2 C. BRN. SUGAR FIRMLY PACKED
4 EGGS
1 TSP. VANILLA

1 C. CHOPPED NUTS

IN SMALL BOWL COMBINE FLOUR BAKING POWDER AND SALT. MELT MORSELS AND MARGARINE REMOVE FROM HEAT AND PUT IN LARGE BOWL. STIR IN BROWN SUGAR. COOL TO ROOM TEMPERATURE. BEAT IN EGGS AND VANILLA. BLEND IN FLOUR MIXTURE. STIR IN NUTS. SPREAD INTO GREASED 15 X 10 BAKING PAN. BAKE 30 MIN. AT 350°. COOL. CUT INTO SQUARES.

2 MARGARET CHEEK
CANE CREEK COMMUNITY



MISSISSIPPI MUD CAKE

1/2 C. COCOA	PINCH SALT
1 C. BUTTER	1 1/2 C. CHOPPED NUTS
2 C. SUGAR	1 TSP. VANILLA
4 EGGS SLIGHTLY BEATEN	MINIATURE MARSHMALLOWS
1 1/2 C. FLOUR	CHOCOLATE FROSTING

MELT BUTTER + COCOA TOGETHER. REMOVE FROM HEAT STIR IN SUGAR AND EGGS. MIX WELL. SPOON BATTER INTO A GREASED 9X13 PAN AND BAKE AT 350° FOR 35-45 MIN. SPRINKLE MARSHMALLOWS ON TOP OF WARM CAKE; COVER WITH CHOCOLATE FROSTING.

2 ALICE IVEY
CANE CREEK COMMUNITY

CHEWY CAKE SQUARES

1 STICK BUTTER	2 CUPS SELF-RISING FLOUR
2 CUPS BROWN SUGAR	1 CUP CHOPPED NUTS
2 EGGS	

CREAM BUTTER AND SUGAR. PUT ON SLOW BURNER AND MELT TO FORM A THICK SYRUP. REMOVE FROM HEAT, ADD 2 EGGS. BEAT UNTIL MIXED WELL. ADD FLOUR, THEN NUTS. MIX WELL. (MAKES VERY STIFF BATTER). SPREAD IN 9X13 PAN. BAKE AT 375° FOR 15-20 MIN. ONLY.

2 LETATEER
CRANE CREEK COMMUNITY

SYRUP ON SNOW

2 C. MAPLE SYRUP	FRESH SNOW PACKED IN PAN
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PLACE MAPLE SYRUP IN 2QT. SAUCEPAN COOK OVER MED. HEAT ABOUT 1HR. UNTIL SYRUP SPINS THREAD. POUR OVER SNOW.

2 FROSTY
FRIEND OF CANE CREEK

HOMEMADE ICE CREAM

4 OR 5 EGGS
2 1/2 C. SUGAR
1/2 TSP. SALT
4 C. CREAM

6 C. MILK
2 TBLSP. VANILLA
1/2 TSP. BLACK WALNUT FLAVOR

B EAT EGGS UNTIL LIGHT. ADD SUGAR GRADUALLY BEAT UNTIL THICK AND LEMON COLORED. ADD REMAINING INGREDIENTS. MIX THOROUGHLY. FREEZE IN ONE GAL. ICE CREAM CONTAINER.

℥ CONNIE GUESS
FRIEND OF CANE CREEK

CHOCOLATE ICECREAM

4 1/2 C. SUGAR
2 LG. CANS EVAPORATED MILK
SYRUP:
1/2 C. COCOA

5 EGGS
2 TBLSP. VANILLA
1/2 C. WATER
1 C. SUGAR

MIX SUGAR AND COCOA TOGETHER THEN ADD WATER. COOK TOGETHER TO FORM THIN SYRUP. SET ASIDE TO COOL SLIGHTLY. BEAT EGGS UNTIL CREAMY ADD SUGAR CANNED MILK AND VANILLA. THEN MIX IN CHOCOLATE SYRUP. POUR INTO 1 1/2 GAL. FILL TO WITHIN 2 INCHES FROM TOP WITH SWEET MILK. FREEZE.

RACHEL BEST
℥ CANE CREEK COMMUNITY
FROM MILDRED LASLEY

HUMMINGBIRD CAKE

3 C. FLOUR
2 C. SUGAR
1 TSP. SODA
1 TSP. SALT
1 1/2 TSP. VANILLA
2 C. CHOPPED BANANAS

1 TSP. CINNAMON
1 1/2 C. VEGETABLE OIL
3 EGGS
2 C. CHOPPED NUTS
8 OZ. CRUSHED PINEAPPLE

SIFT DRY INGREDIENTS TOGETHER. STIR IN EGGS AND VEGETABLE OIL. ADD ALL OTHER INGREDIENTS. MIX WELL (DO NOT BEAT). POUR INTO GREASED AND FLOURED TUBE PAN. BAKE AT 350° FOR 1 HR. 10 MIN. COOL IN PAN. FROST WITH RECIPE FROM MEMPHIS CARROT CAKE.

2 ALICE IVEY
CANE CREEK COMMUNITY

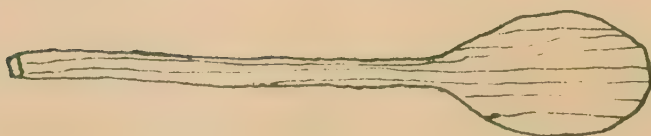
CHERRY CAKE

2 C. SUGAR
1 1/2 C. BUTTER
6 EGGS WELL BEATEN
4 C FLOUR
2 1/2 C. COOKED AND DRAINED CHERRIES
2 TSP. SODA DISSOLVED IN 8 TBLSP. BUTTERMILK

1 TSP. NUTMEG
1 TSP. CINNAMON
1 TSP. ALLSPICE

CREAM SUGAR AND BUTTER. MIX IN ALL OTHER INGREDIENTS, CHERRIES LAST. BAKE IN 4 LAYERS AT 350°. PUT TOGETHER WITH FAVORITE FILLING.

2 LETA TEER
CANE CREEK COMMUNITY



BEVERAGES

GERALD'S CAROMINT

2 TBLSP. CAROB POWDER 2 C. MILK
1-2 TBLSP. HONEY 2 C. BOILING WATER
1/2 TSP. VANILLA PEPPERMINT TEA
1/8 TSP. SALT
1/2 C. WATER

COMBINE CAROB HONEY SALT AND WATER IN SMALL SAUCEPAN. BOIL FOR ONE MINUTE STIRRING WITH WOODEN SPOON. REDUCE HEAT AND ADD MILK BUT DO NOT LET BOIL. ADD VANILLA. POUR BOILING WATER OVER ENOUGH PEPPERMINT TEA TO MAKE 2 HOT STRONG CUPS. COMBINE THE CAROB MIXTURE WITH THE STRONG TEA. MAKES 4-6 MUGFULS.

2 GERALD HUTCHINSON
FRIEND OF CANE CREEK

BANANA-STRAWBERRY DELIGHT

1 C. BUTTERMILK OR YOGURT 3-4 ICE CUBES
1 BANANA OPTIONAL - 1 TSP. HONEY
3-4 LARGE STRAWBERRIES

BLEND ALL INGREDIENTS UNTIL SMOOTH. SERVES 2.

DOUG'S DREAM DRINK

1/2 C. UNFILTERED APPLE JUICE 2 ICE CUBES
1 BANANA 2 TBLSP YOGURT

PLACE INGREDIENTS IN BLENDER AND WHIP SMOOTH. WHEAT-GERM, LECITHIN, OR HONEY MAY BE ADDED.

2 DOUG GUILD
FRIEND OF CANE CREEK

DANDELION WINE

PICK DANDELION FLOWERS WHEN IN FULL BLOOM AND FULLY DRY, (NO RAIN OR DEW). PICK 3 QT. FLOWERS PACKED TIGHTLY, NO STEMS. COVER CROCKPOT CONTAINING BLOSSOMS AND 2 GAL. BOILING WATER. LET STAND 36 HRS.. STRAIN THROUGH A COARSE SIEVE OR COLANDER. ADD 7 LBS. SUGAR. ROLL 6 JUICY ORANGES AND 6 LEMONS TO MAKE THEM JUICIER. SLICE BOTH WITH SKIN ON AND ADD. (ORANGES SHOULD NOT BE COLOR-ADDED TYPE). ADD 1/4 BOX SEEDED RAISINS. STIR THOROUGHLY. LET STAND 24 MORE HOURS. ADD 1 YEAST CAKE OR ENVELOPE OF DRY YEAST DISSOLVED IN 6 TBLSP. WATER. STIR THOROUGHLY. STRAIN MIXTURE THROUGH WET MUSLIN (A CLEAN DISH TOWEL OR STRIP OF OLD SHEET WILL DO) INTO SCREW-TOP BOTTLES. FILL TO BRIMMING. TIE PIECES OF MUSLIN OVER TOPS OF THESE BOTTLES. PUT ASIDE IN A DARK COOL PLACE IN THE CELLAR FOR SIX MONTHS. WHEN FERMENTATION HAS STOPPED, THAT IS, WHEN NO MORE BUBBLES APPEAR IN THE BOTTLES, SCREW ON THE TOPS.

OTHER FLOWERS CAN BE USED WITH THIS RECIPE. DOGWOOD BLOSSOMS ARE SUPPOSED TO MAKE VERY GOOD WINE. GRAPES, ROSE HIPS, BLACKBERRY, AND WINEBERRY ARE ALSO GOOD.

2 FRIEND
CANE CREEK COMMUNITY

APPLE-HONEY TEA

1 1/2 QTS. APPLE CIDER 1 TBLSP. HONEY
2 TBLSP. INSTANT TEA POWDER 1/2 TSP. GROUND CINNAMON

POUR CIDER INTO SAUCEPAN ADD REMAINING INGREDIENTS. HEAT TO SERVING TEMPERATURE.

2 HELEN WEAVER
FRIEND OF CANE CREEK

EGGNOG

6 EGGS SEPARATED

1 C. HEAVY CREAM WHIPPED

1/2 C. HONEY

4 C. MILK

OPTIONAL: WHISKY, RUM,
OR BRANDY

BEAT YOLKS UNTIL LIGHT AND LEMON COLORED. ADD HONEY. BEAT EGG WHITES UNTIL STIFF BUT NOT DRY. FOLD INTO MILK MIXTURE. THEN FOLD IN WHIP CREAM. SPIKE, IF DESIRED. POUR INTO SMALL GLASSES. SPRINKLE WITH NUTMEG. SERVES 12.

2 HARRIET THOMPSON
CANE CREEK COMMUNITY

PEGGY'S HOT CHOCOLATE

2 HEAPING TSP. COCOA

1/3 CUP INSTANT DRY MILK

2-3 TSP. SUGAR

1/8 TSP. VANILLA

SPRINKLE CINNAMON

SPRINKLE SALT

3/4 C. BOILING WATER

PLACE DRY INGREDIENTS IN A MUG POUR IN HOT WATER STIR ADD VANILLA. ESPECIALLY GOOD WITH A MARSH-MALLOW OR WHIPPED CREAM ON TOP! ALSO GOOD WITH CAROB POWDER AND HONEY IN PLACE OF COCOA AND SUGAR.

2 PEGGY GLADSTONE
FRIEND OF CANE CREEK

SEE DAIRY SECTION FOR:
YUMMY YOGURT SHAKE



ACCOMPANIMENTS

RAW MOUNTAIN RELISH

1 QT. CABBAGE CHOPPED COARSE 1 PT. GREEN PEPPER CHOPPED
1 PT. RED SWEET PEPPERS CHOPPED 1 PT. WHITE ONIONS CHOPPED
2 OR 3 HOT PEPPERS MINCED 4 C. SUGAR
1 QT. VINEGAR 4 TBLSP. MUSTARD SEED
5 TBLSP. SALT

CHOP VEGETABLES AND MIX ALL INGREDIENTS TOGETHER. LET STAND OVERNIGHT. PACK IN BOILING HOT JARS AND SEAL. NO COOKING AT ALL. VERY GOOD ON HOT DOGS OR WITH DRIED BEANS.



MARY FOUST

CANE CREEK COMMUNITY

RHUBARB JAM

CLEAN RHUBARB STEMS AND PEEL OFF OUTER STRINGS. CUT INTO 1" CUBES. MEASURE BY THE CUPFULL. PLACE IN DEEP PAN.

FOR EACH CUP OF RHUBARB ADD 1 C. SUGAR AND A PINCH OF SALT (OPTIONAL)

SIMMER GENTLY UNTIL SOFT STIRRING OCCASIONALLY. AS IT THICKENS TEST FOR JAM CONSISTENCY.

TESTING: LIFT OUT SOME LIQUID IN A METAL SPOON. COOL SLIGHTLY THEN POUR IT BACK NOTING CONSISTENCY OF THE LAST FEW DROPS. JAM IS READY WHEN THE LAST DROPS FORM A "SHEET" RATHER THAN SINGLE SEPERATE DROPS.

VARIATIONS: TRY ANY OF THE FOLLOWING ADDITIONS: A FEW MINT LEAVES, RAISINS, STRAWBERRIES, JUICE OF AN ORANGE OR LEMON.



MICHAEL'S FOODLIFE GRANOLA

5 C. ROLLED OATS (WHOLE GRAIN UNPROCESSED)
2 C. WHEAT
2 C. RYE B
1/4 C. MAPLE SYRUP
1/4 C. HONEY
1/4 C. SAFFLOWER OIL
2 T. BREWER'S YEAST
SUNFLOWER SEEDS
NUTS
DRIED FRUIT

IN A LARGE POT (2 GAL.) HEAT THE OIL HONEY AND MAPLE SYRUP UNTIL THEY MIX (DON'T BOIL). STIR IN THE BREWER'S YEAST. DUMP IN ALL THE GRAINS AND STIR UNTIL GRAINS ARE UNIFORMLY COATED (TAKES TIME). BAKE IN A SHALLOW PAN AT 250° FOR 45 MINUTES STIRRING EVERY 15 MINUTES SO IT WILL COOK EVENLY. DON'T OVERCOOK. LET COOL. ADD 1 C. SHELLED SUNFLOWER SEEDS AND NUT AND DRIED FRUIT.

MICHAEL GODFREY



NATURALIST, AUTHOR, SIERRA CLUB.
CANE CREEK COMMUNITY

LOW CALORIE DRESSING

2 TSP. CORNSTARCH
3/4 C. WATER
1/4 C. LEMON JUICE
3/4 TSP. SALT
1 1/2 TSP. SUGAR
2 TBLSP. SALAD OIL
1 1/4 TSP. PREPARED MUSTARD
1/2 TSP. PAPRIKA
1 CLOVE GARLIC CRUSHED
1/2 TSP. WORCESTERSHIRE
1/4 C. CATSUP
1 TSP. HORSE RADISH

COOK CORNSTARCH WITH WATER OVER LOW HEAT UNTIL CLEAR AND THICKENED. COOL. ADD REMAINING INGREDIENTS. BEAT WITH HAND BEATER OR ELECTRIC MIXTURE UNTIL SMOOTH. STORE IN REFRIGERATOR. MAKES ABOUT 1 1/4 C.



GORDON SMITH

FRIEND OF CANE CREEK

CANE CREEK BARBECUE SAUCE

3 C. SALT
4 C. DARK BROWN SUGAR
2 C. CRUSHED RED PEPPER
1 C. GROUND RED PEPPER
5 GALLONS VINEGAR

BRING TO A BOIL STIRRING OCCASIONALLY. LET COOL AND POUR INTO VINEGAR JARS. KEEPS FOR SEVERAL MONTHS AT ROOM TEMPERATURE. MAKES 5 GALLONS.

THIS IS SERVED AT CANE CREEK CRAFT FAIRS + OTHER SPECIAL OCCASIONS.

℞ RACHEL BEST
CANE CREEK COMMUNITY

PEOPLES SALAD DRESSING

3 TBLSP. TAHINI
1 1/2 TBLSP. MISO (SOYBEAN PASTE)
1 TSP. HONEY
HANDFUL DRIED ONIONS
WATER TO DESIRED CONSISTENCY

MIX WELL, REFRIGERATE.

℞ DEREK FROST
FRIEND OF CANE CREEK

APPLE BUTTER

COOK APPLES AFTER REMOVING ALL BAD PLACES BUT DO NOT PEEL. SIEVE WHEN DONE AND MEASURE:

1 1/2 C. SUGAR

2 C. APPLES (SOUR APPLES ARE BEST)

FLAVOR WITH NUTMEG CINNAMON CLOVE AND ALLSPICE TO TASTE. COOK DOWN THICK. SEAL IN JARS.

℞ FLOY BARBER
CANE CREEK COMMUNITY

WATERMELON PICKLE

PEEL RIND ~ REMOVE OUTER SHELL AND INNER PINKISH PARTS.
CUT INTO 1" CUBES.

BOIL RIND IN PLENTY OF WATER UNTIL IT'S TRANSLUCENT
AND JUST SOFT (APPROX. 20 MIN.)

DRAIN - THEN MEASURE BY CUPFULS.

PREPARE LIQUID SYRUP. FOR EA. CUP OF RIND MEASURE OUT:

1 C. SUGAR

1 CINAMMON STICK (SMASHED)

1/2 C. CIDER VINEGAR

1 TSP. WHOLE CLOVES

TIE UP THE CINAMMON + CLOVES IN A CHEESE CLOTH BAG. HEAT
THESE INGREDIENTS UNTIL SUGAR MELTS.

PLACE COOLED RIND IN SYRUP BRING IT TO A BOIL AND
SIMMER FOR 15 MINUTES. THEN SET TO COOL FOR A DAY.

NEXT DAY DRAIN SYRUP AND BOIL IT FOR 5-10 MINUTES,
THEN POUR IT OVER THE RIND AND LEAVE FOR ANOTHER
DAY. YOU SHOULD STIR THIS FROM TIME TO TIME.

REPEAT ABOVE PROCEDURE.

ON FOURTH DAY, DRAIN LIQUID, BOIL IT. PUT RIND IN
STERILE JARS. POUR LIQUID OVER THE RIND BEING CARE-
FUL TO GET OUT THE BUBBLES BY SLIDING A KNIFE
DOWN AROUND THE EDGE OF THE JAR. SEAL JARS.

2 WANE CREEK COMMUNITY

SEE SPECIAL DAIRY SECTION FOR:

CREAMY BLUE CHEESE DRESSING

YOGURT

BUTTERMILK DRESSING

YOGURT DRESSING



HOMEMADE & HOUSEHOLD

LIPSTICK STAINS ~ USE FULL STRENGTH LEMON JUICE ON WHITE WASHABLE FABRICS USE DILUTED ON COLORED FABRICS.

WINE STAINS ~ ON WASHABLE FABRICS SPREAD WITH PASTE MADE OF SALT AND LEMON JUICE. RINSE THEN WASH IN SOAPY WATER.

MUD STAINS ~ BOIL SOME POTATOES. PUT THE WATER ON MUDDY AREA.

INSECT BITES AND BEE STINGS ~ A DROP OF LEMON JUICE RUBBED ON INSECT BITES OR STINGS INSTANTLY RELIEVES THE IRRITATION.

COUGHS AND COLDS ~ ROAST LEMONS UNTIL THEY CRACK OPENS. MIX THE JUICE WITH BROWN SUGAR AND FRESH PINEAPPLE JUICE AND GIVE TO THE COUGH OR COLD THE PINEAPPLE JUICE ADDS ITS POWERFUL "DIGESTIVE" ENZYMES TO THOSE OF THE LEMON AND HELPS THE MUCUS IN THE THROAT DISINTEGRATE

KITCHEN AND BATHROOM FAUCETS ~ RUB WITH LEMON PEEL, WASH AND DRY WITH SOFT CLOTH TO SHINE AND REMOVE SPOTS.

RENEWING HARDENED PAINT BRUSHES ~ DIP INTO BOILING LEMON JUICE. LOWER HEAT IMMEDIATELY. LEAVE BRUSH FOR 15 MINUTES, THEN WASH IN SOAPY WATER.

CLEANSER FOR COPPER PAN ~ DIP A SLICE OF LEMON IN SALT OR MIX A PASTE OF HOT VINEGAR, FLOUR AND SALT.

POLISH FOR MIRRORS AND VARNISHED WOOD ~ THICK MIXTURE OF BOILED TEA LEAVES, COOLED.

FURNITURE POLISH MIX ~ 1/2 C. VINEGAR, 1/2 C. ALCOHOL, 1 C. LINSEED OIL.

CLEANSER FOR BURNED PANS ~ CLEAN PANS WITH A MIXTURE OF SALT WATER AND A SLICE OF ONION. AFTER SOAKING, BOIL THE MIXTURE AND THE PAN WILL COME CLEAN.

2 TONY DENNING
CANE CREEK COMMUNITY

CANE CHAIRS THAT ARE SAGGING CAN BE REJUVENATED BY SPONGING THEM WITH A HOT MIXTURE OF EQUAL PARTS OF VINEGAR + WATER AND THEN PLACED IN THE SUMMER SUN TO DRY.

IF YOU COAT BOTH SIDES OF YOUR CARS WINDSHIELD WITH GLYCERIN (FROM THE DRUGSTORE) IT WILL KEEP MOISTURE AND FROST FROM FORMING ON THE GLASS.

IF SWALLOWS FLY HIGH EXPECT FAIR WEATHER BUT IF THEY STAY NEAR THE GROUND LOOK OUT FOR RAIN

PUT A SMALL DISH OF WATER IN THE OVEN WHEN YOU BAKE BREAD AND CRUSTS WON'T GET TOO HARD.

IF YOU GLUE A PAPER PLATE TO THE BOTTOM OF YOUR PAINT CAN NEXT TIME YOU PAINT YOU WON'T HAVE TO WORRY ABOUT GETTING A RING OF PAINT ON THE FLOOR.

WHEN SEALING JELLY GLASSES WITH PARAFFIN POUR A LITTLE IN FIRST THEN LAY A CLEAN STRING ACROSS IT AND THEN ADD THE REST. THE STRING WILL MAKE A HANDY HANDLE TO HELP YOU OPEN IT.

2 M.E.N.

HERBAL REMEDIES

RED CLOVER ~ AN INFUSION OF 1 OZ RED CLOVER TOPS IN 1 1/4 PINTS WATER IS AN EASILY ASSIMILATED FORM OF CALCIUM. IT IS ALSO GOOD FOR WHOOPING COUGH WHEEZING, BRONCHITIS, LACK OF VITALITY AND NERVOUS ENERGY.

GARLIC OIL ~ WARM A SMALL AMOUNT AND DROP 4-5 DROPS INTO THE EAR FOR EARACHE. COVER WITH FLANNEL AND KEEP WARM. FOR ATHLETES FOOT APPLY OIL 2-3 TIMES A DAY UNTIL CLEARED AND THEN ONCE A WK. TO KEEP IT FROM REACCURING.

SAGE, CINNAMON, AND BAY LEAVES IN EQUAL PARTS (1 TSP. EA TO PINT OF WATER) AS TEA MIXED WITH A LITTLE LEMON JUICE IS A TRADITIONAL REMEDY FOR COLDS AND FLU.

PEPPERMINT TEA BREWED STRONG AND DRUNK FREELY FOR HEADACHE WORKS WELL ESPECIALLY IF YOU CAN LIE DOWN FOR A LITTLE WHILE. IT IS AN EXCELLENT REMEDY FOR NAUSEA, VOMITING, CHILLS AND COLIC.

SAGE TEA IS A GOOD GARGLE FOR SORE THROAT.

CAMOMILE TEA WILL HELP YOU RELAX AND MAKE YOU DROWSY ENOUGH TO FALL ASLEEP WHEN YOU HAVE INSOMNIA. DRINK IT PIPING HOT!

GOLDENSEAL POWDER SPRINKLED ON AN OPEN WOUND, BRUSH BURN EXCEMA OR INFLAMMATIONS WILL CLEAR THEM. IT IS STRONGLY ANTISEPTIC.

~ JONATHAN LONG

GRAPHIC DESIGN & ILLUSTRATION BY C.M. LONG